

BO PEEP INSPIRED WORKOUT ROUTINE



Bonus PDF File
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BO PEEP INSPIRED WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we'll be using a full body bodyweight workout paired with cardio tracking. You can either do the cardio in the form of mixing running and walking, or you can track the programmed steps. When you mix this with a clean diet, you'll be looking like Bo Peep in no time!

Bo Peep Inspired Cosplay Workout Schedule:

Day One: Bodyweight Workout and Steps

Day Two: Steps and/or Run

Day Three: Bodyweight Workout and Steps

Day Four: Steps and/or Run

Day Five: Bodyweight Workout and Steps

Day Six and Seven: Steps and/or Run

Bo Peep Inspired Cardio and Step Tracking Workout:

Shepherds and Shepherdess' do A LOT of walking.

For that reason you'll be required to do 2-3 miles of running per day (with the option for more).

AND/OR

Track your steps 10,000-20,000 like we've seen with some other celeb women on the site.

Bo Peep Inspired Bodyweight Workout:

Warm Up:

Stretch

5-10 min jog

Workout:

3 Sets Each:

25 Sit Ups

20 Knee Ups

15 Air Squats

12 Leg Raises

10 Pike Push Ups or Pull Ups